

Physical Activity

Physical activity improves health for people of all ages. Physical activity is bodily movement that expends energy. Adults should get 150 minutes of moderate or 75 minutes of vigorous physical activity weekly and muscle strengthening activity two or more days a week. Youth should be physically active for at least 60 minutes on most days.

In 2015, 58% ($\pm 1\%$) of Washington adults met national recommendations for aerobic physical activity, and in 2016, 24% ($\pm 2\%$) of 10th graders met national recommendations for aerobic physical activity. Prevalence rates for adults and youth have remained relatively stable over time. The percentage of Washington adults who met recommendations was higher than the overall U.S. percentage; however, the percentage of Washington youth meeting recommendations was lower than youth in the U.S. overall.

Compared to young adults 18-24 years old, a higher percentage of adults 65 years or older met aerobic physical activity recommendations. The percentage of adults who met recommendations was highest among white adults and overall increased as levels of education and income increased. Among youth, a higher percentage of youth in younger grades (6th and 8th) met recommendations for aerobic physical activity. Among 10th graders, the highest percentages of students meeting physical activity recommendations were observed in males, and both Asian and Hispanic students compared with white students.

Partners throughout the state are working to support community and state-level changes to improve physical activity, especially among populations experiencing health disparities.



1 in 2

Washington adults met national recommendations for aerobic physical activity



1 in 4

Washington 10th graders met national recommendations for aerobic physical activity

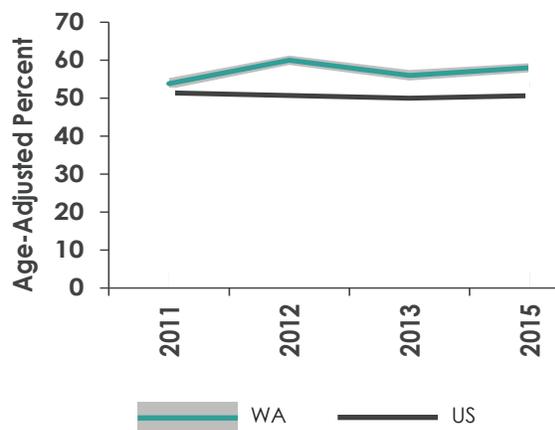


Adult

Time Trends

- In the 2015 Behavioral Risk Factor Surveillance System (BRFSS), the percentage of adults meeting aerobic physical activity recommendations in Washington State was 58% ($\pm 1\%$).
- Washington had a higher prevalence of adults who met recommendations compared to the U.S.
- Over recent years, the percentage of adults meeting aerobic physical activity recommendations in Washington was stable.

**Meets Aerobic Physical Activity Recommendations*
Washington State & US
BRFSS, 2011-2015**

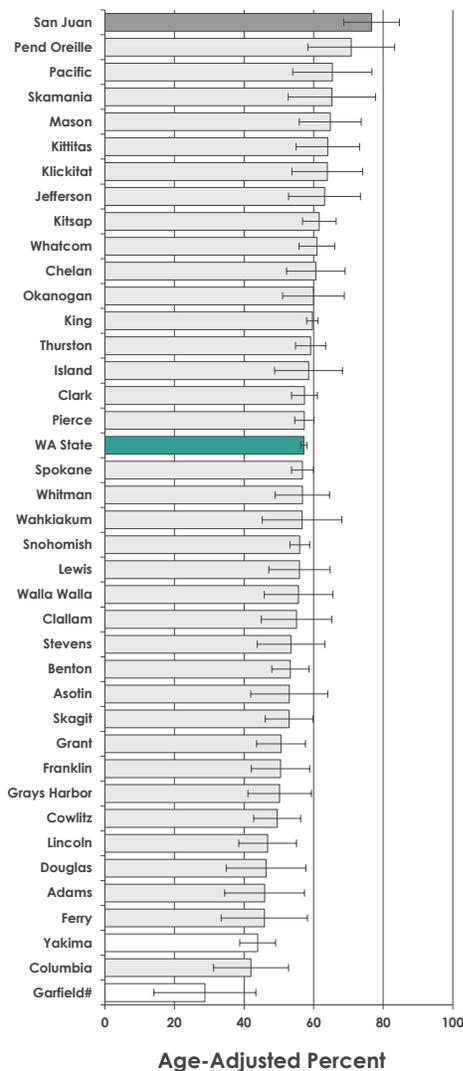


*150+ minutes of moderate or 75+ minutes of vigorous aerobic physical activity each week

Geographic Variation

- In the 2013 and 2015 BRFSS combined, the percentage of adults who met recommendations for aerobic physical activity was lower in Garfield and Yakima counties compared to the state.
- San Juan County had a higher percentage than the state.

Meets Aerobic Physical Activity Recommendations** Washington Counties BRFSS, 2013 & 2015



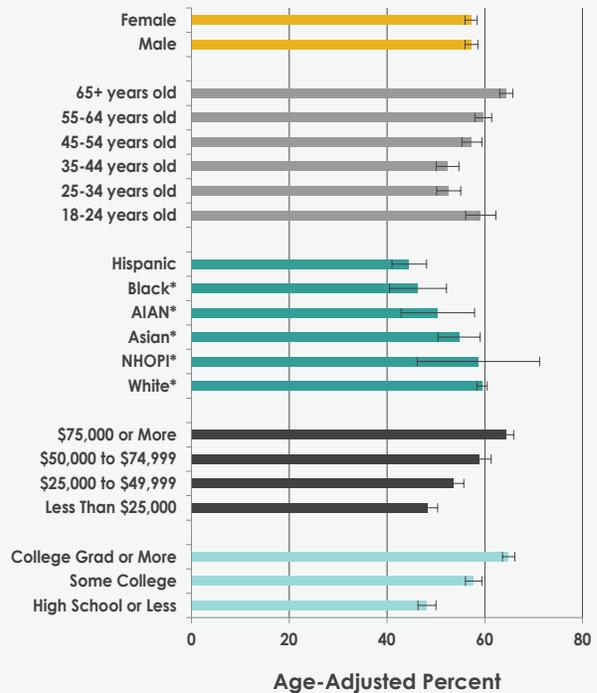
WA State
 Lower than WA State
 Same as WA State
 Higher than WA State

#Relative standard error (RSE) is between 25% and 29%

Disparities

- In the 2013 and 2015 BRFSS combined, the percentage of adults meeting aerobic physical activity recommendations was similar between males and females
- The percentage of adults who met aerobic physical activity recommendations was lower in adults between 25 and 44 years old and higher in adults 65 years old and older compared to young adults 18-24 years old.
- The percentage was lower in Hispanic, black, American Indian or Alaska Native (AIAN), or Asian adults compared to white adults.
- The percentage increased as levels of education and income increased.

Meets Aerobic Physical Activity Recommendations** Washington State BRFSS, 2013 & 2015



*Non-Hispanic (all races) | AIAN: American Indian/Alaska Native | NHOPI: Native Hawaiian/Other Pacific Islander
 **150+ minutes of moderate or 75+ minutes of vigorous aerobic physical activity each week

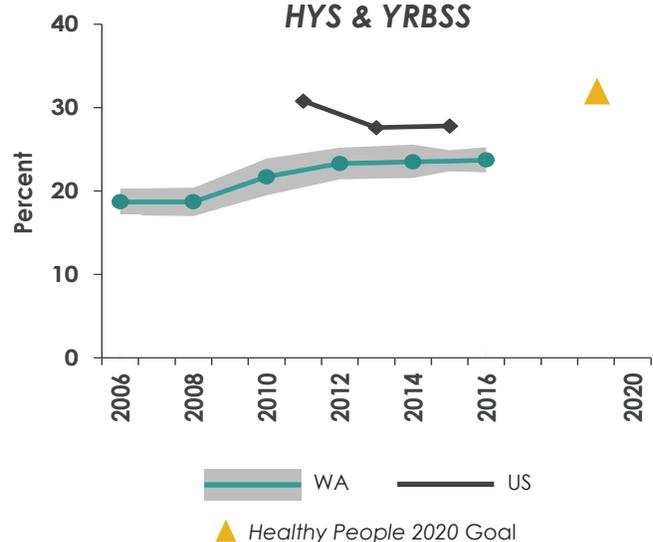


Youth

Time Trends

- In the 2016 Healthy Youth Survey (HYS), the percentage of 10th grade youth meeting aerobic physical activity recommendations in Washington State was 24% ($\pm 2\%$).
- Washington had a lower prevalence of 10th graders who met physical activity recommendations when compared to the U.S.
- Over recent years, the percentage of 10th graders meeting aerobic physical activity recommendations in Washington was stable.

**Meets Physical Activity Recommendations*, 10th Graders
Washington State & US
HYS & YRBSS**

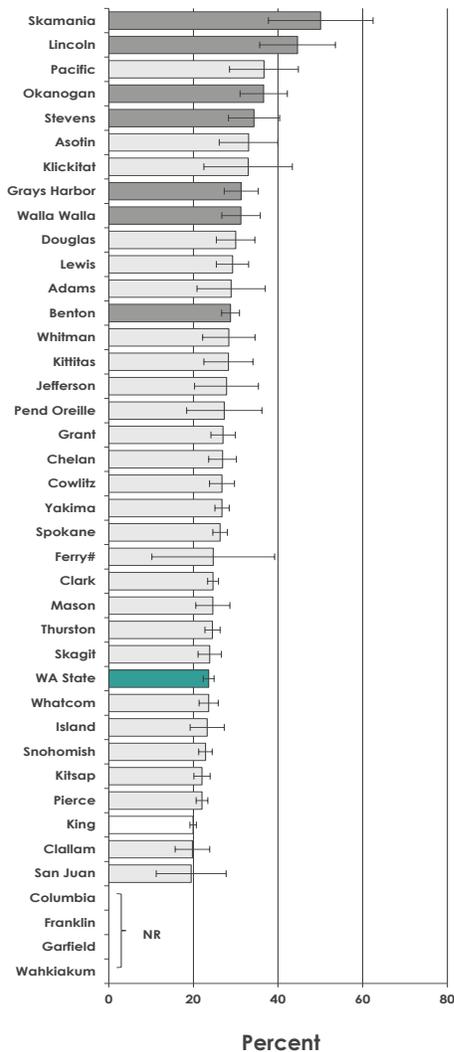


*Reporting at least 60 minutes of aerobic physical activity every day

Geographic Variation

- In the 2014 and 2016 combined HYS, the percentage of 10th graders who met recommendations for aerobic physical activity was lower in King County compared to the state.
- Benton, Grays Harbor, Lincoln, Okanogan, Pacific, Skamania, Stevens and Walla Walla counties' 10th graders had higher percentages compared to the state.

Meets Physical Activity Recommendations, 10th Graders Washington Counties HYS, 2014 & 2016**



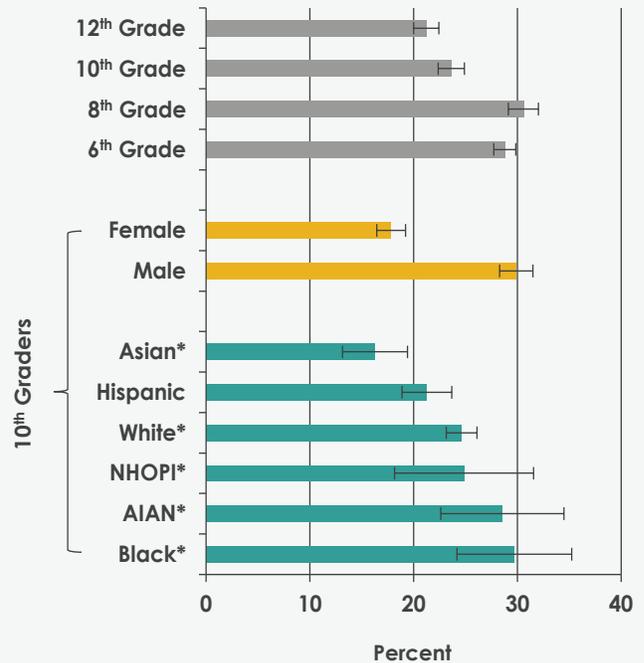
WA State
 Lower than WA State
 Same as WA State
 Higher than WA State

NR: Not reported if RSE ≥ 30% or to protect privacy
 #Relative standard error (RSE) is between 25% and 29%

Disparities

- In the 2014 and 2016 HYS combined, among 10th graders, a higher percentage of males than females reportedly met recommendations for physical activity.
- The percentage of youth who met recommendations for physical activity was higher among younger grades (6th and 8th) compared to higher grades (10th and 12th).
- The percentage of youth who met recommendations for physical activity was lower among Asian and Hispanic 10th graders compared to white 10th graders.

Meets Physical Activity Recommendations, Washington State HYS, 2014 & 2016**



*Non-Hispanic (all races) | AIAN: American Indian/Alaska Native | NHOP: Native Hawaiian/Other Pacific Islander
 **Reporting at least 60 minutes of aerobic physical activity every day

How is Washington promoting physical activity?

Organizations throughout the state, including Department of Health, are working on a vast array of approaches to increase physical activity across the life span. Many of these strategies focus on policy, systems and environmental changes that make it easier to be physically active.

- **Early Learning**

DOH works with University of Washington's Center for Public Health Nutrition to develop and host free, accredited, online training on best practices to increase physical activity—including screen time reduction.

- **Schools**

Office of Superintendent of Public Instruction works with schools to implement wellness policies and physical education/physical activity in schools. Recently, the legislature funded \$5 million for schools to improve physical activity infrastructure/equipment, water bottle filling stations, and equipment related to healthy food. DOH and many partners work to increase [Safe Routes to School](#) programs statewide.

- **Worksites/Institutional**

University of Washington Health Promotion Research Center continues to work with DOH to oversee a healthy worksite initiative that promotes access to physical activity in worksites.

- **Community**

DOH co-leads a [Complete Streets](#) project to make the built environment accessible to all users—including bicycles, pedestrians, and people of all ages and abilities. Community organizations and Local Health Jurisdictions throughout the state are working to improve access to physical activity through a variety of community initiatives and funding sources, including Complete Streets, developing shared use agreements for physical activity, incorporating physical activity into Comprehensive Plans, and coordinating social support. The Governor's [Healthiest Next Generation](#) initiative seeks to increase physical activity as well.

- **Healthcare**

Healthcare organizations provide physical activity prescriptions, coordinate walking groups or free physical activity opportunities, and incentivize gym memberships or other means of physical activity.

This is a sampling of some of the activities around this issue. Because many initiatives take place at the organization and community level, not all projects are represented in this document.

See also [Obesity](#) and [Fruit & Vegetable Intake](#)

Evidence-based interventions to promote physical activity are available in the [CDC Community Guide](#).

Technical Notes

Confidence Intervals: Definition and examples are described in [Appendix C](#)

Race and Ethnicity: Classification described in [Appendix C](#)

Relative Standard Error: Definition and how it was used is described in [Appendix C](#)